



EUROPEAN POWERLIFTING CHAMPIONSHIPS  
KINGS LYNN, ENGLAND  
5-6 MAY 2018

Hosted by: BDFPA

When:

5<sup>TH</sup> MAY

All Women's categories and Men up to 75 KG Class AND all equipped lifters in the same categories.

6<sup>TH</sup> MAY

All Men's categories from 82.5 Kg class upwards and all equipped lifters in the same categories.

Location:

**MOTIV8, 12 BERGEN WAY, KING'S LYNN, ENGLAND, PE30 2JG, UNITED KINGDOM – (DO NOT SEND ENTRY FORMS HERE)**





### Venue Facilities

The lifting area will hold 2 platforms within the main gym hall that can hold up to 200 spectators. The warm up area is behind the main lifting area and feeds directly onto the lifting area. A PA system will keep lifters updated on the progress of the event and the scheduled times of lifting along with TV Screens that will update continually. A separate area for Officials and registration will allow lifters to be weighed in and administration to be conducted away from the main lifting area.

Refreshments will be available on site for the entire duration of the event each day as required. The weigh in room is situated next to the lifting area

### General Information

Kings Lynn is easy to get to by car or rail. The town centre shopping is 1km away from the venue and has over hundreds of shops that are open every day. There are numerous bars, restaurants and clubs for visitors to take advantage of during their stay.

## Hotels:

The following hotels are in and around the area:

- [Best Western Plus Knights Hill Hotel & Spa](#)

*4 stars*

**8.4** Very good 281 reviews

- [Dragonfly Hotel King's Lynn](#)

*3 stars*

**7.5** Good 770 reviews

- [Stuart House Hotel](#)

*3 stars*

**8.6** Fabulous 439 reviews

- [Dukes Head Hotel](#)

*4 stars*

**8.1** Very good 1,043 reviews

- [Andel Lodge](#)

*4 stars*

**8.2** Very good 154 reviews

- [The Grange Hotel](#)

*2 stars*

**9.1** Superb 221 reviews

- [MJB Harewood Drive](#)

**4.7** Review score 165 reviews

- [Fairlight Lodge](#)

*4 stars*

**9.2** Superb 248 reviews

- [Globe Hotel Wetherspoon](#)

**8.6** Fabulous 1,297 reviews

- [The lodge](#)

**9.6** Exceptional 292 reviews

- [Woodlakes Park](#)

**8.8** Fabulous 25 reviews

- [The Old Rectory](#)

*4 stars*

**9.0** Superb 147 reviews



**Distance and driving journey times from UK locations:**

London Gatwick – 140 miles approx. 2 hours 40 mins  
London Heathrow – 130 miles approx. 2 hours 30 mins  
Birmingham – 120 miles approx. 2 hours 20 mins  
Newcastle – 215 miles approx. 4 hours  
Glasgow – 340 miles approx. 6 hours  
Swansea – 300 miles approx. 4 hours 45 mins  
Southampton – 190 miles approx. 3 hours 35 mins  
Norwich – 45 miles approx. 1 hour  
Manchester – 170 miles approx. 3 hours 30 mins  
Liverpool – 195 Miles approx. 4 hours

**Closest Airports to Kings Lynn:**

Cambridge Airport – 45 Miles  
Norwich Airport – 44 Miles  
Luton Airport – 100 Miles  
Stanstead Airport – 75 Miles  
Gatwick – 140 Miles  
Heathrow – 130 Miles  
Bristol - 215 Miles  
East Midlands - 100 Miles

**Return Travel by Train to Kings Lynn (with current prices Dec 17):**

Birmingham Int	£70.00-£160.00 – 2 Changes
Liverpool	£100.00 – 1 Change
London Heathrow	£40.00 - £62.00 – One Change
London Gatwick	£40.00 - £62.00 – One Change
Glasgow	£130.00 -£150.00 – 4 Changes

**Competition Equipment:**

2 Platforms consisting of:

Combination Squat and Bench racks with adjustable width and height.

Eleiko/Ivanko weights up to 350 Kgs on each Platform

Warm up area with 8 stations for each discipline with over 5000 Kgs of warm up weights

**Weigh In:**

3 Weigh in areas allowing for quick and simple procedures

**Presentations and Trophies**

Each lifter will receive:

- A Free Competition T-Shirt<sup>1</sup>
- Trophy relative to finishing position, top 3 in each age and weight class<sup>2</sup>
- Participation Certificate for those outside the top 3

Best Lifters will receive:

- Best Lifter awards

### **Competition Entry Fees**

Entry fees are indicated below:

**First entry £60.00**

**Additional Entry £20.00**

**(£80.00 to enter both events)**

Entry deadline will be set at 16 Apr 18. All National federations, less BDFPA, are to have completed entry lists with the BDFPA as at this date. BDFPA members are to have all entry forms sent to the below as indicated.

Governing bodies are responsible for the payment of fees by to the BDFPA. Payment details will be provided under separate instruction. Other WDFPF Affiliate Nations who choose to pay on the day can do so only by prior arrangement with President of BDFPA, Mrs Ann Thomas via [neil.thomas848@hotmail.co.uk](mailto:neil.thomas848@hotmail.co.uk).

### **BDFPA members will pay on submission of entry forms to:**

11 Borton Avenue  
Henlow  
SG16 6HB  
Bedfordshire  
England

**All Fees are to be paid in Sterling only. BDFPA members may pay by cheque (made payable to BDFPA) or via electronic payment as below:**

Nat West  
54-41-51  
50948393

Using reference: Surname-Initials-EFP eg: SMITH-FJ-EFP

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<sup>1</sup> Subject to availability of sizes on the day

<sup>2</sup> All lifters will be entered into the OPEN class but still listed within their own age class EXCEPT what was previously known as the SENIOR Class who will be ranked in the OPEN category only indicating their finishing position. This is a rule that has been in place for the last 5 years plus.

## APPROACH TO THE EUROPEAN FULL POWER FOR BDFPA LIFTERS

With the 2018 European Full Power falling before the National Full Power a method to identify those who can compete is outlined below:

### Section 1 - Categories:

1. Lifters who competed in the National Full Power in 2017, finishing in the top 3 of their age and weight class and who are paid up members by 31 Jan 18
2. Lifters who competed in the National Full Power in 2017, finishing outside the top 3 of their age and weight class but made the qualification total and who are paid up members by 31 Jan 18
3. Lifters who did not compete at the 2017 National Full Power but did get dispensation to participate in other WDFPF events, granted by the BDFPA, in 2017 and who are paid up members by 31 Jan 18
4. Lifters who have participated in at least one sanctioned BDFPA event since the 2017 National Full Power, have made the qualification total and are full paid up members as at 31 Jan 18 may apply to the President of the BDFPA to attend the event on a team limits basis – ie 3 per age and weight class per Nation.

### Section 2 - Categories of lifters who may not participate:

1. Lifters who have joined the BDFPA post 31 Jan 18 – regardless of categories 1-4 above.
2. Lifters who have not been members for 3 months (deemed a new member)
3. Lifters whose first event would be the European Full Power, having undertaken no other BDFPA sanctioned events
4. Lifters who participated at the National Full Power in 2017 and DID NOT make the qualification total, less those covered in Section 1, Para 4 above
5. Any lifter who does not merit participation as decided by the President BDFPA

**Officials, referees admin staff and loaders**

**All meals** paid for during period of assistance.

Admin staff will be detailed prior to the event and all member nations are required to indicate who their nominated officials are.

**Competition Schedule:**

To follow under separate instruction.

**Local area information:**

More information and details on the local area and things to see and do can be found at:

[https://www.tripadvisor.co.uk/Attractions-g315936-Activities-King\\_s\\_Lynn\\_Norfolk\\_East\\_Anglia\\_England.html](https://www.tripadvisor.co.uk/Attractions-g315936-Activities-King_s_Lynn_Norfolk_East_Anglia_England.html)

[https://www.tripadvisor.co.uk/Attraction\\_Products-g186268-East\\_Anglia\\_England.html](https://www.tripadvisor.co.uk/Attraction_Products-g186268-East_Anglia_England.html)

